

PT Enhancement Program Session: Mental Blocks and Motivation



Your **success** ultimately comes from **within** you!

5 Common Mental Blocks that get in the Way of Getting in the Zone

The “Zone” is simply being mentally ready and willing to do what it takes to succeed.

1. **Anxiousness to do the right thing:** a too often fitness scenario goes like this: starting, plateauing, over-analyzing/over-reacting and then quitting. If you’re too anxious you might have a knee-jerk reaction to any problem that might arise.
2. **No Focus:** “I’m going to get in shape,” means absolutely nothing. You must have specific measurable goals so that you can focus on achieving them.
3. **Too Much, Too Soon:** doing workouts that are too advanced, going on diets that are too drastic leads to too much strain, soreness and injuries which results in quitting.
4. **Not Letting Go:** Fear of repeating past mistakes can prevent some from even trying or from really giving 100%.
5. **Means to an End:** rushed or forced fitness training can often lead to failure, especially if it is for a fleeting reason or event.

Be aware of these mental blocks so that if you find them in yourself you can overcome them. Take a self-awareness audit to see if they’re causing you to come up short of reaching your full potential.



3 Mental Approaches in Motivating Yourself to Succeed

Play the Role: You must view yourself as a physically fit soldier even if you are not. In viewing yourself this way you must then act out your role as a physically fit soldier. You must use this mindset and continually ask yourself, what would a physically fit soldier do and then actually do it. A physically fit soldier goes to the gym, eats right, is active and is full of energy. Tell others that you go to the gym and do it. Tell people that you walk and work out and then do it. By playing this role, you will become the role. In acting like a fit soldier you will become one.

Commit to 3: This is a simple mental technique where you simply commit to three. Lets say you are too tired or simply unmotivated to do push-ups. OK, just commit to doing 3 push-ups. By getting down and doing those 3 push-ups you will generally realize that since you are already in that position you might as well knock out a few more. Before you know it you are doing a second set. Do this again with your sit-ups and before you know it you will have completed your push-ups and sit-ups routine. In the same way you can apply it to running. Commit to at least 3 minutes. You will find that after running 3 minutes you will decide that you might as well run for the rest of your workout and will then finish even though you didn't initially have the motivation to even start. Committing to 3 is a powerful tool that should be used whenever necessary.

Set Specific Goals: Setting goals for yourself is a great way of having something to strive for and will help you stay motivated. In setting goals you should always make them realistic/achievable and specific enough so that you know you are making progress or have achieved it. Additionally keep a log to track your progress and see a physical representation of what you are doing and achieving. Finally you should also tell others of your goals. By doing this they can cheer you on and assist in holding you accountable to your own words and to yourself.

With the proper mind set you will take action and do what is necessary to be fit and healthy so as to improve yourself for your own benefit as well as to benefit your family and to ensure that the Army can succeed in its missions.

Reasons for/Benefits of exercising and healthy eating (being fit and healthy):

- Less stress
- More energy
- Increased self-confidence
- Improved immunity
- More stamina in other activities
- Improved physical appearance
- Better blood flow to the brain and entire body
- Improved strength and speed
- Greater flexibility
- Reduced chance of diabetes and heart attacks
- Army requirement
- And many more!